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WHAT IS CLAIMED IS:

1. An athletic shoe comprising:

a bottom component having a top surface and a bottom surface, the bottom component including a sole having an upper surface and a lower surface;

an upper component extending from the top surface of the bottom component for accommodating a foot therein, the upper component having a medial sidewall, a lateral sidewall, a back portion between the medial sidewall and the lateral sidewall; and

two elongate straps, one end of each of the two elongate straps being intimately secured to an inner surface of the shoe, the two elongate straps capable of supporting the ankle mortise and lateral ligaments of a foot within the shoe, the two elongate straps each having a free end which is detachably securable to each other and an outer surface of the shoe and tightenable to reduce or prevent ankle inversion stresses of a foot within the shoe.

2. The athletic shoe of claim 1, wherein the two elongate straps comprise a first elongate strap and a second elongate strap, the first elongate strap being secured at an end portion thereof at a junction of the sole and the medial sidewall, the

first elongate strap extending inside the shoe across the upper surface of the sole in a region where the mid arch of a foot within the shoe would be located, and extending horizontally for disposition on the top of a foot within the shoe, the first elongate strap exiting the shoe through the lateral sidewall adjacent to the upper surface of the sole for extending across a top surface of the shoe and passing through a first fastening device disposed on an outer surface of the shoe and adjacent to the top of the medial sidewall, the first elongate strap having a first attachment component on a free end thereof; and

the second elongate strap being secured at an end portion thereof at the lateral sidewall of the shoe in a region where the level of the base of the 5th metatarsal of a foot within the shoe would be located, the second elongate strap extending across the back portion of the shoe adjacent to the top of the upper component, and running parallel to the sole in the medial sidewall before exiting the medial sidewall, and extending horizontally within a tongue in an upper surface of the upper component, the second elongate strap extending across the ankle of a foot within the shoe, the second elongate strap exiting the shoe through the lateral sidewall adjacent to the upper surface of the sole and passing through a second fastening device disposed posterior to the first fastening device, the second

elongate strap having a second attachment component on a free end thereof for engagement with the first attachment component of the first elongate strap.

3. The athletic shoe of claim 1, wherein the two elongate straps comprise a first elongate strap and a second elongate strap, the first elongate strap being secured at an end portion thereof at a junction of the sole and the medial sidewall, the first elongate strap extending inside the shoe across the upper surface of the sole in a region where the mid arch of a foot within the shoe would be located, and extending horizontally for disposition on the top of a foot within the shoe, the first elongate strap exiting the shoe through a first slit in the lateral sidewall adjacent to the upper surface of the sole, the first elongate strap then extending across the top of the shoe, passing through a first fastening device on an outer surface of the shoe and adjacent to the top of the medial sidewall, the first elongate strap having a first releasable attachment component being disposed on an inner surface thereof and adjacent to a free end of the first elongate strap; and

the second elongate strap being secured within a channel in the lateral sidewall of the shoe in a region where the level of

the base of the 5th metatarsal of a foot within the shoe would be located, the second elongate strap extending across the back portion of the shoe adjacent to the top of the upper component, and running parallel to the sole in the medial sidewall before exiting the medial sidewall, and extending horizontally within a channel within a tongue in an upper surface of the upper component, the second elongate strap extending across an ankle of a foot within the shoe and exiting the shoe through a second slit on the lateral sidewall adjacent to the upper surface of the sole, the second elongate strap passing through a second fastening device disposed posterior to the first fastening device, the second elongate strap having a second releasable attachment component on an inner surface of a free end thereof for engagement with the first releasable attachment component of the first elongate strap.

4. The athletic shoe of claim 3, wherein the first releasable attachment component and the second releasable attachment component comprise a VELCRO material.

5. The athletic shoe of claim 3, wherein at least one of the first fastening device and the second fastening device is a buckle.

6. The athletic shoe of claim 3, wherein the first elongate strap is $1\frac{3}{8}$ to $1\frac{5}{8}$ inches wide.

7. The athletic shoe of claim 3, wherein the first elongate strap is $1\frac{1}{2}$ inches wide.

8. The athletic shoe of claim 3, wherein the second elongate strap is $1\frac{1}{4}$ to $1\frac{1}{2}$ inches wide and is 9 to 11 inches long.

9. The athletic shoe of claim 8, wherein the second elongate strap is made of a material selected from the group consisting of nylon, rubber and a latex material.

10. The athletic shoe of claim 3, further comprising at least two lateral support bumpers disposed integrally with the shoe and on an outer surface of the lateral sidewall, the lateral support bumpers being disposed adjacent to the sole above the bottom surface of the bottom component, and one of the lateral support bumpers being disposed in a region where the head of the 5th metatarsal of a foot within the shoe would be located, and a second of the lateral support bumpers being disposed adjacent to the anterior heel, the lateral support bumpers each

having a base portion which projects laterally outward from the shoe at a distance of approximately $\frac{3}{8}$ to $\frac{5}{8}$ inches.

11. The athletic shoe of claim 3, wherein each of the medial sidewall and the lateral sidewall has a sufficiently stiff consistency to reduce or prevent acute angles that form during inversion stresses to a foot within the shoe.

12. The athletic shoe of claim 10, wherein each of the medial sidewall and the lateral sidewall has a sufficiently stiff consistency to reduce or prevent acute angles that form during inversion stresses to a foot within the shoe.

13. An athletic shoe comprising:

a bottom component having a top surface and a bottom surface, the bottom component including a sole having an upper surface and a lower surface;

an upper component extending from the top surface of the bottom component for accommodating a foot therein, the upper component having a medial sidewall, a lateral sidewall, a back

portion between the medial sidewall and the lateral at sidewall,
and

at least two lateral support bumpers disposed integrally
with the shoe and on an outer surface of the lateral sidewall,
the lateral support bumpers being disposed adjacent to the sole
above the bottom surface of the bottom component, and the
lateral support bumpers being positioned on the shoe and of
sufficient dimensions to reduce or prevent ankle inversion
stresses of a foot within the shoe.

14. The athletic shoe of claim 13, wherein one of lateral
bumper supports is disposed in a region where the head of the 5th
metatarsal of a foot within the shoe would be located, and a
second of the lateral support bumpers is disposed adjacent to the
anterior heel, the lateral support bumpers each having a base
portion which projects laterally outward from the shoe at a
distance of approximately $\frac{3}{8}$ to $\frac{5}{8}$ inches.

15. The athletic shoe of claim 14, wherein there are two
lateral support bumpers; and wherein the base portion of each
lateral support bumper is $\frac{3}{8}$ to $\frac{5}{8}$ inches across and extend $\frac{1}{4}$ to
 $\frac{3}{8}$ inches above the lower surface of the sole.

16. The athletic shoe of claim 15, wherein the base portion of each lateral support bumper projects laterally outward from the shoe at a distance of $\frac{3}{8}$ inches.

17. The athletic shoe of claim 16, wherein the base portion of each lateral support bumper projects laterally outward from the shoe at a distance of $\frac{5}{8}$ inches.

18. An athletic shoe comprising:

a bottom component having a top surface and a bottom surface, the bottom component including a sole,

an upper component extending from the top surface of the bottom component for accommodating a foot, the upper component having a medial sidewall and a lateral sidewall and a back portion between the medial sidewall and the lateral sidewall;

at least one of the medial sidewall and the lateral sidewall having a sufficiently stiff consistency to reduce or prevent acute angles that form during inversion stresses to a foot within the shoe.

19. The athletic shoe according to claim 18, wherein each of the medial sidewall and the lateral sidewall has a sufficiently stiff consistency to prevent acute angles that form during inversion stresses to a foot within the shoe.

20. The athletic shoe of claim 19, wherein the upper component is made of leather.

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